

**** RACE RESULTS ****

PALO ALTO, MAY 3 – PAYTON JORDAN INVITATIONAL (at Stanford University):

Men's 1500 (Section #4) – 5. Callum Bolger/Stanford (SLOHS, SLDC) 3:44.93.

Women's 1500 (Section #2) – 3. Savannah (Camacho) Colon/Brooks Beasts (Templeton HS, SLDC) 4:19.94.

ATASCADERO, MAY 3 – PAC-8 LEAGUE TRACK & FIELD CHAMPIONSHIPS

<u>Frosh/Soph Girls 100H</u>		<u>Varsity Girls 800M</u>		<u>Frosh/Soph Boys 3200</u>	
3. Nytasha Steinmaus	18.41	3. Maddie Fletcher	2:23	1. Quinn Brussel	10:26
		7. Shaylee Grimm	2:31	2. Aidan Stamford	10:29
<u>Frosh/Soph Boys 200M</u>		11. Julia Bloom	2:42		
5. Evan Schweitzer	24.23	12. Thea Ragsdale	2:58	<u>Frosh/Soph Girls 3200</u>	
				5. Coco Steel	12:37
<u>Varsity Boys – 200M</u>		<u>Frosh/Soph Boys 1600M</u>		7. Catrina Sada	13:09
7. Isaiah Gayfield	23.36	1. Quinn Brussel	4:49	8. Ellie Treichler	13:11
		2. Axel Reich	4:49		
<u>Frosh/Soph Boys 400M</u>		6. Aidan Stamford	5:01	<u>Varsity Boys 3200M</u>	
2. Evan Schweitzer	54.65			9. Jacob Andreatta	10:03
		<u>Frosh/Soph Girls 1600M</u>		10. Matthew Scurria	10:05
<u>Frosh/Soph Girls 300H</u>		7. Catrina Sada	5:52	13. Justin Hatcher	10:12
4. Nytasha Steinmaus	53.87	8. Coco Steel	5:55	15. Alex Southern	10:22
		10. Ellie Treichler	5:57		
<u>Varsity Girls 400M</u>		12. April Engelmeier	6:07	<u>Varsity Girls 3200M</u>	
1. Maddie Fletcher	59.50			1. Alexi Steinmaus	11:36
		<u>Varsity Girls 1600M</u>		2. Grace Rubio	11:45
<u>Frosh/Soph Boys 800M</u>		1. Emma Manderino	5:14	3. Emma Manderino	11:59
2. Quinn Brussel	2:10	2. Alexi Steinmaus	5:14	4. Samantha Simard	12:00
5. Axel Reich	2:13	5. Shaylee Grimm	5:22	16. Thea Ragsdale	13:46
		7. Samantha Simard	5:23	18. Shilu Vanasupa	15:46
		11. Julia Bloom	5:38		

TURLOCK, MAY 4 & 5 – C.C.A.A. CONFERENCE TRACK & FIELD CHAMPIONSHIPS:

1500 – 2. Daniel Tull/Humboldt State (Atascadero HS) 3:58.81.

Steeplechase – 1. Connor Fisher/Chico State 9:03.18.

5000 – 7. Connor Fisher (ex-Cuesta College, 2013 Rock to Pier winner) 14:57.79.

SAN LUIS OBISPO, MAY 5 – SLO ROTARY MIDDLE SCHOOL MEET

<u>6th Grade Boys 110H</u>		<u>6th Grade Girls 100</u>		<u>6th Grade Girls Long Jump</u>	
10. Logan McAdoo/Templ.	27.26	23. Elle Wangard/Flamson	20.04	11. Elle Wangard/Flamson	8' 4"
<u>6th Grade Boys Mile</u>		<u>7th Grade Girls 800</u>		<u>6th Grade Boys High Jump</u>	
3. Logan McAdoo/Templ.	7:07.74	1. Serena Stamford/Laguna	2:48	4. Logan McAdoo/Templeton	3' 8"
<u>7th Grade Girls Mile</u>		<u>7th Grade Boys 800</u>		<u>7th Grade Girls 110H</u>	
1. Serena Stamford/Laguna	5:52.34	2. Luke Reiss/Laguna	2:33	18. Kelsey Hammond/Flamson	28.06
11. Kelsey Hammond/Flamson	7:26.54				
		<u>6th Grade Girls Discus</u>		<u>7th Grade Boys 110H</u>	
<u>7th Grade Girls 400</u>		2. Elle Wangard/Flamson	28' 0"	17. Cole Ragsdale/Laguna	24.01
6. Serena Stamford/Laguna	1:16.07	(Results from Tyler Hoyt)		18. Jared Treichler/Laguna	24.80

SAN DIEGO, MAY 5 – SOUTHERN CALIFORNIA REGIONAL JUNIOR COLLEGE TRACK & FIELD CHAMPIONSHIPS:

10,000M – 17. Kobi Kelly/Cuesta (SLOHS, SLDC) 34:38.

- / www.directathletics.com / -

NEWPORT BEACH, MAY 5 & 6 – ORANGE COUNTY MARATHON, HALF MARATHON, 5K, & YOUTH RACES:

Kids Mile (ages 6 & under) – 67. Brian Phan 9:58. This race had 480 finishers and was one of 8 youth races with a total of 7,000 finishers. Brian is the son of James & Vikki (Waterbury) Phan and the grandson of SLDC founder Brian Waterbury.

5K (2,392 finishers) – 1814. Sandie Cano/Nipomo-SLDC 49:53 (17th-65/69F).

Half Marathon (6,750 finishers) – 4339. Velva Hakim/Atascadero 2:42:27 .. 5291. Sandie Cano (20th-65/69F) 2:59:18.

Marathon (1,434 finishers) – 5. Peter-John van Beurden/San Diego (ex-Los Osos, Cuesta, Cal Poly) 2:44:47.

WEOTT, MAY 6 – AVENUE OF THE GIANTS MARATHON & HALF MARATHON:

Half Marathon (1,047 finishers) – 361. Denise Youngman/Los Osos-SLDC 2:05:46 (1F-65/69) .. 367. Debbie Dorney/Arroyo Grande-SLDC 2:06:23 (2F-65/69) .. 510. Patricia Haase/Arroyo Grande 2:17:24 (8F-60/64).

Marathon (370 finishers) – 68. Frank Hutchinson/Los Osos 3:41:54 (1-65/69). - / www.theave.org / -

S.L.D.C. ALL-TIME TOP TEN AT THE AVENUE OF THE GIANTS MARATHON

1.	Bob O'Brien/1982	2:36:17	1.	Emily Schoenwald/1988	3:21:06
2.	Jon Root/1983	2:37:19	2.	Kathy Shaw/1991	3:28:04
3.	Steve Dornish/1983	2:37:20	3.	Virginia Collins/1975	3:28:35
4.	Jon Root/1981	2:37:57	4.	Jennifer Simmons/1981	3:32:43
5.	Tom Jefferis/1983	2:41:11	5.	Jennifer Simmons/1982	3:36:04
6.	Frank Hutchinson/1980	2:41:50	6.	Stephanie Shuck/2000	3:38:37
7.	Tom Jefferis/1982	2:43:09	7.	Emily Schoenwald/1983	3:41:35
8.	Steve Dornish/1984	2:43:22	8.	Sue Hood/1982	3:45:41
9.	Tom Jefferis/1980	2:43:34	9.	Marian Fiorentino/2017	3:46:02
10.	Frank Hutchinson/1991	2:44:45	10.	Debby Lyon/1984	3:53:14



Say hello to Ray Sine! Elizabeth says "The shirt fits perfectly and he's ready to run for SLDC."



Part of the May 5 loop run group at the Cal Poly track prior to the workout. From left to right - Pat, Mattie, Dave, Paul, Andrew, Matthew, & Mary

NORTHRIDGE, MAY 11 & 12 - BIG WEST CONFERENCE CHAMPIONSHIPS (televised on Fox Sports West):

Men: Steeplechase – 1. Sean McDermott/Cal Poly (Cuesta College) 9:02.96. **5000M** – 8. Sean McDermott 14:50.89.

Women: 10,000M – 3. Miranda Daschian/Cal Poly (Atascadero HS/Cuesta) 37:11.15. **5000M** – 2. Miranda Daschain 16:48.

MOSCOW, IDAHO, MAY 11 & 12 – BIG SKY CONFERENCE CHAMPIONSHIPS:

Men's 5000 – 16. Christian Ricketts/So. Utah (AGHS) 14:58. **Women's 5000** – 18. Gracie Albano/Sac. St. (Nipomo HS) 17:29.

FRESNO, MAY 11 & 12 – MOUNTAIN WEST CONFERENCE CHAMPIONSHIPS:

5000 – 3. Jacob Bilvado/USAF 13:51.74. **10,000** – 7. Jacob Bilvado/USAF 30:18.62. Jacob is a 5 time entrant at SLDC's Stride with the Tide 5K in Pismo Beach, starting in 2011 as a 14 year old from El Diamante HS in Visalia. He finished second in 2012 & 2013 and was the race winner in 2016 & 2017, the former in the current course record of 15:36.

SAN DIEGO, MAY 12 – SOUTHERN CALIFORNIA REGIONAL JUNIOR COLLEGE TRACK & FIELD CHAMPIONSHIPS:

5000 – 11. Garron Knox/Cuesta (SLOHS, SLDC) 15:39. **800** – 3. Kirsten Purcell/Cuesta (Templeton HS, SLDC) 2:15.

WILLOW GLEN, MAY 12 – WILLOW GLEN 5K (1,314 finishers): 11. Antonio Arreola/San Jose (ex-SLOHS, SLDC) 18:41.

SOLVANG, MAY 12 – SANTA BARBARA WINE COUNTRY HALF MARATHON: 306. Anne Simpson/SLO-SLDC 1:54:53.

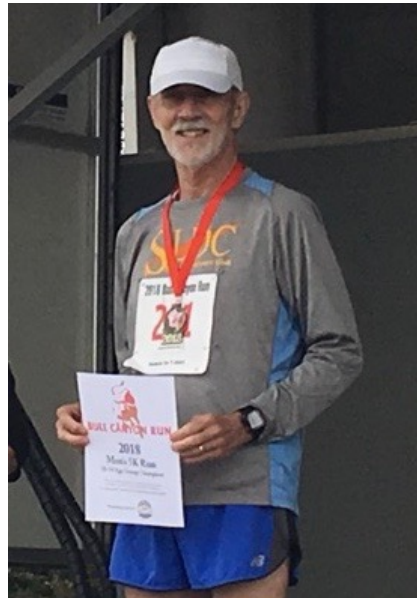
LOS ANGELES, MAY 17 – USAT&F DISTANCE CLASSIC (at Occidental College):
1500 Meters – 13. Savannah (Camacho) Colon/Brooks (Templeton HS, SLDC) 4:18.30.

SANTA MARIA, MAY 19 – BULL CANYON 5K & 10K

5K (252 finishers)		51. Joyce Dendo/SM/1-60+	26:36	10. Adelaido Jimenez/1-SLDC	41:18
1. Sergio Jaracuaro/16/ SM	16:38	67. Louise Walters/1F-75+	28:50	15. Christine Scott/SLO (2-F)	43:41
5. Greg Scott/SLO (2-35+)	17:16	79. Stan Rosenfield/3-70+	30:02	16. Paul Shires/1-65+	44:37
7. Jason Blank/SLO (1-40+)	18:03	129. Patsy Schackart/2F-65+	35:19	28. Dave Dunbar/1-60+	48:32
17. Tyler Daillak/10/Paso	20:09	177. Renee Silvers/5F-60+	45:13	31. Bill Schackart/2-65+	49:58
34. John Tiffin/1-SLDC, 1-70+	24:28			38. Shauna Kruse/1F-50+	52:12
36. Bill Americh/Solvang, 2-70	24:34			45. Heidi Harrison/3F-50+	54:41
37. Angenette (Tiffin) Bloom	24:35	10K (157 finishers)		107. Shannon Machut/9F-30+	71:22
43. Liz (North) Mills (1F-55+)	25:44	1. Steven Youngblood/SM	33:41	109. Charlie Trenbeth/3-65+	72:16
		4. Rob Mead/Templeton	36:10		



Louise Walters, 1F – 75+ (5K)



John Tiffin, 1-70+ (5K)



Paul Shires, 1-65+ (10K)



Bull Canyon male and female 5K & 10K divisional winners
 At right, Dave Dunbar, 1-60+ (10K) - photos by Heidi Harrison



Shauna Kruse, 1F-50+ (10K)



John Tiffin & Angenette Bloom

SAN DIEGO, MAY 20 – THE NAVY'S 32ND BAY BRIDGE 4 MILE RUN

342. Mary Ryzner/Escondido (4F-60+) 32:33 .. 675. Matthew Shuck 36:04 .. 803. Stephanie (Shuck) Torres 37:15 .. 806. Gabe Torres 37:16 .. 2956. Chris Shuck 60:01 (9F-70+) .. (Mary Ryzner is a former SLDC member who holds many club marathon course records and competed in the 1988 Olympic Trials Marathon.)

S.L.D.C. YEARLY MARATHON LEADERS

1984	Mary Ryzner/SLO Red Cross	3:03:31	1989	Mary Ryzner/St. George, UT	2:43:10	1993	Mary Ryzner/S.F.	3:06:47
1986	Mary Ryzner/Cal International	2:56:47	1990	Mary Ryzner/St. George, UT	2:47:55	1994	Mary Ryzner/St. George	3:00:48
1987	Mary Ryzner/St. George, UT	2:49:58	1991	Mary Ryzner/London, GBR	2:53:37	1995	Mary Ryzner/Big Sur	3:09:06
1988	Mary Ryzner/Olympic Trials	2:59:54	1992	Mary Ryzner/St. George, UT	2:54:40	1996	Mary Ryzner/Boston	3:20:26

From **Chris Shuck**, "We are back from San Diego. The train ride in both directions was great and the train was on time both ways Here are the results from the race: https://gemininext.com/results/?event_id=6024. Matthew ran mostly with Stephanie and Gabe and their stroller. I didn't want him to run loose as there were about 10,000 people milling around. It only shows 4500 in the results because the other 5000 chose to not run for time and were not wearing a chip! It wasn't sunny but it was still a beautiful day, although my legs are in pain from the downhill off the bridge. A full day of sitting on the train on the trip home didn't help. My time goal was 1 hour and, as you can see, that was a good estimate."



The Shuck Family at the Bay Bridge 4 Mile in San Diego



Chris & Matthew at the Strawberry Stampede

ARROYO GRANDE, MAY 27 - STRAWBERRY STAMPEDE 5K & 10K

5K (311 finishers)					
1.	Cooper Limon/Shell Bch	16:45	129. Louise Walters/1F-75+	29:14	
31.	Arabella Edler/A.G./1-F	22:06	219. Sue Simmons/4F-65+	36:26	
32.	Paul Shires/1-SLDC, 65+	22:08	235. Patsy Schackart/5F-65+	38:10	
35.	Paul Lee/2-55+	22:32	259. Jeremy Perkins/6-65+	40:58	
40.	Andrew Spiering/2-40+	22:58	280. Chris Shuck/2F-70+	45:00	
48.	Phil Phillips/2-30+	23:53			
61.	Shauna Kruse/1F-50+	24:47	10K (121 finishers)		
62.	Greg Burke/1-70+	24:50	1.	Kara Thorne/Aggies/1-F	37:41
83.	Debbie Dorney/1F-65+	26:57	2.	Mike Harnden/Lompoc	39:02
103.	Denise Youngman/2F-65+	27:48	4.	Trevor Cardinal/1-SLDC	39:13
104.	Trisha Coffey/4F-35+	27:55	12.	Matthew Shuck/2-30+	42:24
			17.	Chuck Fiorentino/1-60+	45:17
			33.	Dave Dunbar/3-60+	49:07
			35.	Marian Fiorentino/2F-55+	49:20
			36.	Dan Simmons/1-70+	49:44
			37.	Bill Schackart//1-65+	49:55
			50.	Rodolfo Soriano/A.G.	54:22
			57.	Heidi Harrison/3F-50+	56:01
			86.	Steve Harris/Arr. Grande	62:04
			100.	Neil Silvers (Neil & Mary doubled back in the Blues Mile in the afternoon)	68:29

- /www.eternaltiming.com/ -
(79 finishers In the 5K walk)

SAN LUIS OBISPO, MAY 27 – THE BLUES MILE (along the Sinsheimer Park bike path):
13. Mary Cooper 6:26 .. 23. Neil Silvers 8:29 .. 37. Renee Silvers 13:47. (44 finishers)

OJAI, MAY 27 – MOUNTAINS TO BEACH MARATHON:

12. Pepe Gonzalez 2:47:14 .. 1340. Aileen Chann-Cota 4:16:04 .. 1763. Linda Stimson 5:16:56 .. 1848. Linda Signal 6:04:34.

S.L.D.C. ALL-TIME TOP TEN AT THE OJAI (MOUNTAINS TO BEACH) MARATHON

1.	Pepe Gonzalez/2018 (new club record)	2:47:14	6.	Susan McAdoo/2017	3:34:54
2.	Patrick Connally/2011 (former record)	3:12:46	7.	Amy Parkinson/2015	3:37:09

3.	Susan McAdoo/2016	3:31:28	8.	Susan McAdoo/2013	3:37:18
4.	Linda Signal/2016	3:33:47	9.	Susan McAdoo/2014	3:37:18
5.	Susan McAdoo/2015	3:34:20	10.	Amy Parkinson/2014	3:46:48